# THE HEALTHY PLATE

## 42-DAY

## Anti-Inflammatory & Immune Supporting

## Meal Plan, Prep, & Recipe Guide





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# Start Here

**This meal plan is chock full of simple and delicious reicpes that are designed to get you feeling your best for our 6 Week An ti-Inflammatory and Immune Supporting Meal Plan. We've made sure this plan is easy to follow with ingredients you can find in your local grocery store in one weekly list.**

Each week is divided into a nutritionist-written meal plan, grocery list, and prep ideas and plans. While many people will find this to be the easiest solution, we know your palate may not love every single recipe, which is why we made every meal and snack inter- changeable. Simply plug in a recipe you love and you'll be good to go!

The single most important thing our clients tell us when it comes to nutrition? Plan ahead. Each week we've provided prep plans and ideas to make your kitchen come alive with healthy food. For some people this means a Sunday prep day, but others will plan out cooking throughout the week. The key is in the preparation and knowing how you'll fill your kitchen table before 5 PM rolls around.

We've included blank meal plans so that you can mix, match and make a plan that works for you and your home. As cliche as it is, have fun and celebrate the new flavors and foods you'll meet in this plan.

What's not in the plan? Most foods associated with inflammation. Feeling your best means making sure your body's at its healthiest, and our nutritional team has made sure you'll get there

For those of you who love the grocery store, you can purchase all ingredients in one shopping trip weekly. But, if you're like us and find some weeks to be busy, we recommend services like Insta- cart, a grocery delivery service that's widely available across the US. You can download their mobile or app or sign-up at www.instacart.com.



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# 42 Days to a Healthier You

## Plan for Success

1. Portion size matters. When you're filling your plate, base it off the size of your hand. Your palm will be your protein or main dish, your four fingers are your veggies or fruits, and your thumb is the good fats, such as oil or almond butter that we're adding in.

2. Don't starve yourself. Each day includes breakfast, lunch, dinner and snacks. Some portions may be smaller than typical for you, but you'll be fueling your body throughout the day at set times to make sure you're never tempted to binge out of hunger.

3. Ante up your protein intake. As you push your body in the club, make sure you have the right fuel. Add a protein powder + supplement all- in-one to make sure you're building muscle and staying strong.

4. Plan simple meals for complex days.
We're encouraging you to plan your simplest meals on days when time is lacking and you need an easy day in the kitchen.

5. Supplements for success. Our goal is to make sure you reach your healthiest you, so we're looking at your health holistically: fitness, nutrition and supplementation. Check out our supplement suggestions.

6. Check Amazon for unique ingredients. You may see a handful of ingredients that are available at your local store, but can be found much less expensively on sites like Amazon.



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# Where can I find vegetarian recipes?

Right inside the meal plan!

For breakfast, everything EXCEPT the sausage and mushroom fritata and ham omelette are vegetarian.

**EDAMAME AND CHICKEN SALAD:**
Sub 4 ounces of plant based protein per serving for chicken

**GOAT CHEESE POLENTA**

**SPINACH FRITTATA**

**ROASTED VEGETABLE AND CHICKEN GRAIN BOWL:**
Sub 4 ounces of plant based protein per serving for chicken

**LENTIL, BEETROOT AND HAZELNUT SALAD**

**ROASTED BROCCOLI SALAD**

**BROWN RICE AND EDAMAME SALAD**

**ROASTED VEGETABLE AND SPICED LENTILS**

**SLOW COOKER BLACK BEAN SOUP**

**MEXICAN SWEET POTATOES WITH BLACK BEANS**

While many other options are adaptable to vegetarian options, these are the ideal starting point and will offer many great meals!



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# WEEKLY PLANS





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# WEEK 1

## Meal Plan

1500 Kcal women
2000 Kcal men

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| Breakfast | Dried Fruit & Peanut Butter Breakfast Cookies | Garlic Kale with Poached Eggs and Toast | Dried Fruit & Peanut Butter Breakfast Cookies | Raspberry-Banana Overnight Oats | Dried Fruit & Peanut Butter Breakfast Cookies | Garlic Kale with Poached Eggs and Toast | Dried Fruit & Peanut Butter Breakfast Cookies |
| Lunch | Edamame & Chicken Greek Salad | Dijon Salmon with Green Bean Rice Pilaf leftover | Roasted Broccoli Salad with Spinach, Blueberries, and Seeds | Grilled Pork Loin with White Bean Puree | Eggplant Lasagna | Pineapple Three Bean Salad | Avocado Bacon & Goat Cheese Salad |
| Snack | Trail Mix | Dried Fruit & Peanut Butter Breakfast Cookies | Trail Mix | Dried Fruit & Peanut Butter Breakfast Cookies | Berry Kefir Smoothie | Dried Fruit & Peanut Butter Breakfast Cookies | Warm Buttered Pecans |
| Dinner | Dijon Salmon with Green Bean Rice Pilaf | Edamame & Chicken Greek Salad leftover | Grilled Pork Loin with White Bean Puree | Eggplant Lasagna | Turkey Chili | Turkey Chili | Roasted Vegetables with Spiced Lentils |
| Supplement Suggestions | Melatonin x1<br>Cortisolve x1 or 2<br>Vitamin C x1<br>MultiVitamin x1<br>Probiotic x1 | Melatonin x1<br>Cortisolve x1 or 2<br>Vitamin C x1<br>MultiVitamin x1<br>Probiotic x1 | Melatonin x1<br>Cortisolve x1 or 2<br>Vitamin C x1<br>MultiVitamin x1<br>Probiotic x1 | Melatonin x1<br>Cortisolve x1 or 2<br>Vitamin C x1<br>MultiVitamin x1<br>Probiotic x1 | Melatonin x1<br>Cortisolve x1 or 2<br>Vitamin C x1<br>MultiVitamin x1<br>Probiotic x1 | Melatonin x1<br>Cortisolve x1 or 2<br>Vitamin C x1<br>MultiVitamin x1<br>Probiotic x1 | Melatonin x1<br>Cortisolve x1 or 2<br>Vitamin C x1<br>MultiVitamin x1<br>Probiotic x1 |
| Men, add: | 4 ounces Cheddar Cheese | Trail Mix | 4 ounces Cheddar Cheese | Trail Mix | Trail Mix | 4 ounces Cheddar Cheese | Trail Mix |



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# It's Kick Off Time!

Your 42 Day Anti-inflammatory and immune boosting transformation starts....NOW! This week is a major week with new meals galore. We know you're excited and want to make sure you stay strong throughout this week.

The meal plans below are there to make sure you've lightened your load during the work week. Prep now and rest later is our motto for week 1!

Your grocery list may be filled with new items and you'll find this week's bill to be your most expen- sive week as we add in pantry goods that may not be found in your house. Check your spice cabinet (and your neighbors') before you purchase new spices, which can add up your total quickly.





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# GROCERY LIST

## Produce

2 bulbs garlic
6 large lemons
2 small bottles of lemon juice
1 bunch ripe bananas
1 pint fresh raspberries
1 pt fresh blueberries
1 bag frozen shelled edamame
4 romaine hearts
1 pt cherry tomatoes
1 cucumber (European or seedless preferred)
1 pt Kalamata olives
2 red onions
1 lb haricots verts or thin green beans
1/2 pound broccoli
1 1-lb bag spinach leaves
2 shallots
2 large eggplants
3 yellow onion
1 pint cherry tomatoes
1 ripe pineapple
1 bunch fresh cilantro
1 bunch fresh basil
1 bunch parsley
1 bunch fresh mint
1 avocado
1 bag arugula
1 bag frozen mixed berries
1 small bottle orange juice
2 medium red bell pepper
1 lb black lentils
1 lb total of your favorite root vegetables
*Suggestions: turnips, onions, carrots, parsnips, sweet potatoes*
1 bag chopped kale

## Meat / Dairy

1 rotisserie chicken
2 pounds extra lean ground turkey
2 1/2 to 3-pound pork tenderloin
2.5 pounds wild salmon
*Cooking tip: Look for skin-on fillets of salmon, and cook the fish over high heat, skin-side down to get a crunchy, crispy skin. This will add a nice piece of texture to your final dish, and it's super healthy.*
12 ounces lean ground beef
*Tip: Look for grass-fed beef. It's more nutritious and more sustainable.*
1 lb bacon
1 stick butter
1 dozen eggs
1/2 gal unsweetened almond milk
1 lb crumbled feta cheese
1 qt plain yogurt
1 qt part-skim ricotta cheese
1 lb mozzarella
2 ounces goat cheese
1 bottle low-fat plain kefir
1 qt plain yogurt
1 lb of Cheddar cheese

## Spices*

Salt
Pepper
Chili Powder
Vanilla extract
Ground nutmeg
Red pepper flakes
Dried basil
Dried oregano
Cinnamon
Maldon salt flakes (may be replaced with any form of salt)
Cayenne pepper
Garlic powder
Ground coriander
Ground cumin
Ground allspice

## Canned/Boxed Goods*

2 15-ounce cans cannellini beans, rinsed
1 can black beans
1 can chickpeas
2 (15 oz) cans dark red kidney beans
4 (15 oz) can sweet corn
2 (28-ounce) can diced tomatoes or crushed tomatoes
1 (28-ounce) can no-salt-added crushed tomatoes
1 box chicken broth
1 box low-sodium chicken broth

## Condiments + Nuts + Seeds*

Crunchy peanut butter
Maple syrup
Raisins
Dried cranberries
Shelled sunflower seeds
Dried apricots
Mayonnaise
Whole-grain mustard
Pine nuts
Honey
Walnuts
Cashews
Roasted almond
Banana chips
Dried cranberries
Semisweet chocolate chips
Pecan halves

## Oils + Vinegars + Wine*

White vinegar
Olive oil
Coconut oil
Sherry vinegar
Red wine vinegar
Red wine (one bottle, dry wine works best!)

## Grains + Bakery*

Old fashioned gluten-free oats (maybe sub with regular oats)
Gluten-free bread (may use whole grain traditional bread)
Precooked brown rice

*Check your pantry before buying!


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# WEEK 2

## Meal Plan

1500 Kcal women
2000 Kcal men

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| Breakfast | Peanut Butter Protein Overnight Oats | 2 Eggs, gluten-free Toast, cup raspberries | Ham & Broccoli Omelet | Apple Cinnamon Protein Oatmeal | 2 Eggs, gluten-free Toast, cup raspberries | Garlic Kale with Poached Eggs and Toast | Green Protein Smoothie |
| Lunch | Pineapple Three Bean Salad | Tuna and Romaine Salad with Boiled Eggs | Spaghetti Squash & Meatballs | Tandoori Chicken Skewers | Lentil, Beetroot and Hazelnut Salad with Ginger Dressing | Lentil, Beetroot and Hazelnut Salad with Ginger Dressing | Brown Rice & Edamame Salad |
| Snack | Trail Mix | 1 T pb + 1/2 apple | Warm Buttered Pecans | Strawberry Nice Cream | Oats & Chocolate Overnight Oats | Strawberry Nice Cream | Berry Chia Puddings |
| Dinner | Chicken Thighs Carrots | Spaghetti Squash & Meatballs | Tandoori Chicken Skewers | Rosemary Orange Salmon | Rosemary Orange Salmon | Slow Cooker Black Bean Soup | Slow Cooker Black Bean Soup |
| Supplement Suggestions | Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1 | Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1 | Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1 | Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1 | Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1 | Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1 | Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1 |
| Men, add: | Grain-Free PB&J Swirl Pancakes | Grain-Free PB&J Swirl Pancakes | Trail Mix | Trail Mix | Trail Mix | 4 ounces Cheddar Cheese | 4 ounces Cheddar Cheese |



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# High five, my friend!

You've completed your first week of anti-inflammatory nutrition.

And, you've probably learned a few things, like whether or not you love beets, if smoothies make your morning so much easier and if Wednesday night's meals need to be prepped in advance.

It's time to relook at last week and consider how we'll make this week an extraordinary success. Remember, this is a guide, not a hard and fast plan.





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# GROCERY LIST

## Produce

2 bulbs of garlic
1 bottle of lemon juice
1 small pineapple
1 bunch bananas
2 small apples
1 pint fresh raspberries
1 package frozen mixed berries
1 pint fresh blueberries
2 pounds fresh strawberries
1 bag frozen broccoli florets
1 large, ripe tomato
1 bunch of green onions
1 pound package of kale
1 pint cherry tomatoes
1 pound frozen, shelled edamame
1 small bunch celery
2 lemons
2 heads romaine lettuce
1 pint cherry tomatoes
1 large spaghetti squash
2 onions
1 package black lentils
3 large, red beets
1 bunch cilantro
1 bunch parsley
1 bunch fresh mint
1 bunch fresh rosemary
1 small piece fresh ginger
4 carrots
1 bag chia seeds
2 oranges
1 pound asparagus
1 pound dry black beans
4 jalapenos

## Meat / Dairy

1½ pounds salmon
*Cooking tip: look for skin-on fillets of salmon, and cook the fish over high heat, skin-side down to get a crunchy, crispy skin. This will add a nice piece of texture to your final dish, and it's super healthy.*
2 pounds ground turkey
2 pounds chicken breasts
6 small chicken thighs
1 small piece of ham
1 pound butter (salted)
2 dozen eggs
1 box unsweetened almond milk
1 small bottle reduced-fat milk
1 pound cheddar cheese
½ pound parmesan cheese
*Tip: Get the block of parmesan, not pre-grated -- it's got a more complex and intense flavor.*
1 pint plain yogurt

## Etc.

8-12 wooden skewers
*Make sure to soak these in water before using, so the skewers don't burn up!*
1 container Well Fed Body vanilla protein powder

## Spices*

salt
ground black pepper
apple pie spice or one jar each: nutmeg and allspice
red pepper flakes
chili powder
ground cinnamon
paprika
cumin
garam masala, optional
turmeric
cayenne
Maldon salt flakes
1 small bag of sugar
1 tin of cocoa powder

## Canned/Boxed Goods*

1 can black beans
1 can chickpeas
*Reserve the liquid from the can! Chickpea liquid, known as aquafaba, can be used as a low-calorie egg white substitute.*
1 can of corn
1 can of tuna in oil
1 small bag brown rice
1 large container vegetable broth
1 bag almond flour
1 box arrowroot starch
1 jar peanut butter powder
1 jar baking powder
1 jar baking soda

## Condiments + Nuts + Seeds*

Maple syrup
Peanut butter powder
Mayonnaise
Dijon mustard
1 (24 ounce) jar marinara sauce
Hazelnuts
Tamari gluten-free soy sauce
Peanuts
Pecan halves
Salsa
Honey
Unsalted cashews
Roasted almond
Dried banana chips
Dried cranberries
Semisweet chocolate chips

## Oils + Vinegars + Wine*

Extra-virgin olive oil
Canola oil
White vinegar
Sherry vinegar
Apple cider vinegar
Peanut oil
Rice wine vinegar

## Grains + Bakery*

Old-fashioned rolled gluten-free oats
Gluten-free bread
Old fashioned oats

*Check your pantry before buying!


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# WEEK 3

## Meal Plan

1500 Kcal women
2000 Kcal men

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| Breakfast | Grain-Free PB&J Swirl Pancakes | No-Bake Chewy Granola Bars | Grain-Free PB&J Swirl Pancakes | Sausage & Mushroom Mini-Quiche | Sausage & Mushroom Mini-Quiche | Protein Packed Pancakes | Peanut Butter Protein Oats |
| Lunch | Spinach and Feta Frittata | Spinach and Feta Frittata | Chef Salad | Roasted Squash and Chicken Salad | Grilled Pork Loin with White Bean Puree | Italian Pesto Chicken Salad | Roasted Broccoli Salad with Spinach, Blueberries, and Seeds |
| Snack | No-Bake Chewy Granola Bars | Grain-Free PB&J Swirl Pancakes | No-Bake Chewy Granola Bars | Oats & Chocolate Overnight Oats | 1/4 cup hummus + 6 oz carrots | Cherry-Berry Chocolate Smoothie | Berry Chia Puddings |
| Dinner | Roasted Vegetables with Spiced Lentils | Roasted Vegetables with Spiced Lentils | Roasted Squash and Chicken Salad | Grilled Pork Loin with White Bean Puree | Turkey Chili | Turkey Chili | Italian Pesto Chicken Salad |
| Supplement Suggestions | Melatonin x1<br>Cortisolve x1 or 2<br>Vitamin C x1<br>MultiVitamin x1<br>Probiotic x1 | Melatonin x1<br>Cortisolve x1 or 2<br>Vitamin C x1<br>MultiVitamin x1<br>Probiotic x1 | Melatonin x1<br>Cortisolve x1 or 2<br>Vitamin C x1<br>MultiVitamin x1<br>Probiotic x1 | Melatonin x1<br>Cortisolve x1 or 2<br>Vitamin C x1<br>MultiVitamin x1<br>Probiotic x1 | Melatonin x1<br>Cortisolve x1 or 2<br>Vitamin C x1<br>MultiVitamin x1<br>Probiotic x1 | Melatonin x1<br>Cortisolve x1 or 2<br>Vitamin C x1<br>MultiVitamin x1<br>Probiotic x1 | Melatonin x1<br>Cortisolve x1 or 2<br>Vitamin C x1<br>MultiVitamin x1<br>Probiotic x1 |
| Men, add: | 4 ounces Cheddar Cheese | Trail Mix | 4 ounces Cheddar Cheese | Trail Mix | Trail Mix | 4 ounces Cheddar Cheese | Trail Mix |



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# Week 3 has gotten here, oh so fast!

Your body is likely acclimating incredibly well to your new routine. You may find yourself waking up feeling great, getting longer and deeper sleep, or feeling invigorated when you used to be tired mid-afternoon.

This is all thanks to your nutrition changes.

Big questions to ask yourself for the long term:

- What has worked for your meal prep?
- What are the easiest kinds of meals for you to make?
- What meals do you savor eating and are worth the extra effort?





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# GROCERY LIST

## Produce

2 bulbs garlic
2 lemons
1 small bottle lemon juice
1 medium bunch of bananas
1 bag chia seeds
4 ounce package of mushrooms
1 bunch green onions
1 bunch fresh rosemary
1 bunch parsley
1 bunch fresh thyme
1 pound bag spinach
2 heads Romaine lettuce
1 pint grape tomatoes
1 large avocado
1 medium-sized red onion
2½ pounds acorn squash
2 medium-sized containers mixed salad greens
3 medium-sized shallots
1 bag of arugula
1 bag frozen broccoli florets
1 red onion
2 yellow onion
1 bag baby carrots
2 pints fresh blueberries
1 pound fresh strawberries
1 bag frozen cherries
3 medium-sized red beets
1 bag frozen strawberries
1 bag frozen blueberries
1 bag frozen mixed berries
1 bag of black lentils
1 pound total of your favorite root vegetables
1 pound bag of kale
1 large acorn squash
2 medium red bell peppers
1 pint cherry tomatoes

## Meat / Dairy

2½- to 3-pound pork tenderloin
1 pound turkey breakfast sausage
2 pounds extra lean ground turkey
1 small package sliced turkey breast
1 rotisserie-style chicken
2 pound boneless, skinless chicken breast
1 pound shredded or chopped cooked chicken
tip: for a richer flavor, buy another rotisserie-style chicken and use that!
4 dozen eggs
1 quart milk
½ pound Swiss cheese
2 quarts unsweetened almond milk
1 pound of crumbled feta cheese
½ pound Parmesan cheese
1 pint nonfat plain Greek yogurt
1 pint of plain yogurt

## Etc.

Cooking spray
1 container Well Fed Body Chocolate Protein Powder
1 bag Well Fed Body Vanilla Protein Powder

## Spices*

table salt
black pepper
baking powder
baking soda
vanilla extract
crushed red pepper
1 tin of cocoa powder
garlic powder
ground coriander
ground cumin
ground allspice
chili powder
dried oregano
cayenne pepper
Cinnamon

## Canned/Boxed Goods*

1 bag almond flour
1 bag arrowroot starch
1 jar peanut butter powder
1 box quick-cooking oats
1 box O-shaped cereal
1 jar creamy peanut butter
1 bag almond meal
1 box chicken broth
1 (15 ounce) can cannellini beans
1 box of low-sodium chicken broth
1 small bag of sugar
2 (28 ounce) cans diced tomatoes or crushed tomatoes
2 (15 ounce) cans dark red kidney beans
2 (15 ounce) cans sweet corn
1 (15 ounce) can cannellini beans

## Condiments + Nuts + Seeds*

Maple syrup
Honey
Unsalted, shelled pistachios
Shredded coconut
Pitted dates
Whole-grain mustard
Salted roasted pumpkin seeds
Mayonnaise
Pesto
Pine nuts
Shelled sunflower seeds
Low-sodium chicken broth
Unsalted cashews
Roasted almonds
Dried banana chips
Dried cranberries
Semisweet chocolate chips
Tub of your favorite hummus

## Oils + Vinegars + Wine*

Olive oil
Canola oil
Apple cider vinegar
Red wine vinegar

## Grains + Bakery*

Old-fashioned rolled gluten-free oats
Old-fashioned oats

*Check your pantry before buying!


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# WEEK 4

## Meal Plan

1500 Kcal women
2000 Kcal men

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| Breakfast | 2 High Protein Banana Muffins | 2T. Peanut Butter, 2slices GF Toast, 1/2 c Strawberries | 2 High Protein Banana Muffins | 1/4 c Paleo Granola + 1/4 c Greek Yogurt | 2 Zucchini Chocolate Chip Oat Balls | 1/4 c Paleo Granola + 1/4 c Greek Yogurt | Apple Cinnamon Protein Oatmeal |
| Lunch | Roasted Vegetable & Chicken Grain Bowl with Creamy Tahini Dressing | One-Pan Pork Dinner | Roasted Vegetable & Chicken Grain Bowl with Creamy Tahini Dressing | Salad Nicoise | Rosemary Orange Salmon | Lettuce Leaf Tacos | Goat Cheese Polenta with Roasted Root Vegetables |
| Snack | 2 High Protein Banana Muffins | 2 High Protein Banana Muffins | 1 High Protein Banana Muffins | 2 Zucchini Chocolate Chip Oat Balls | 1/4 c Paleo Granola + 1/4 c Greek Yogurt | 2 Zucchini Chocolate Chip Oat Balls | Berry Kefir Smoothie |
| Dinner | One-Pan Pork Dinner | Brown Rice & Edamame Salad | Salad Nicoise | Rosemary Orange Salmon | Lettuce Leaf Tacos | Chicken Thighs & Carrots | Chicken Thighs & Carrots |
| Supplement Suggestions | Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1 | Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1 | Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1 | Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1 | Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1 | Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1 | Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1 |
| Men, add: | Sausage & Mushroom Mini-Quiche | Green Protein Smoothie + 2 hard-boiled eggs | Sausage & Mushroom Mini-Quiche | Green Protein Smoothie + 2 hard-boiled eggs | 4 ounces Cheddar Cheese | 4 ounces Cheddar Cheese | Trail Mix |



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# You've passed the halfway point!

There's nothing better than seeing what 3 short weeks of work can do to one's body
**...it's quite simply amazing!**




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# GROCERY LIST

## Produce

1 bunch bananas
1 bag chia seeds
1 large zucchini
1 apple
1 bottle of lemon juice
2 bulbs garlic
1 pound Brussels sprouts
1 large butternut squash
2 avocados
2 Cara Cara oranges
5 Yukon Gold potatoes
1 bag frozen broccoli florets
2 yellow onion
2 Valencia oranges
1 bunch asparagus
1 avocado
1 head of Romaine lettuce
2 medium-sized beets
1 small butternut squash
1 bag of frozen mixed berries
1 pound fresh strawberries
1 small bottle of orange juice
1 bag of frozen, shelled edamame beans
1 bag of large carrots
2 bunches of fresh rosemary
1 bunch of green onions
1 bunch of fresh sage
1 bunch of fresh dill
1 bunch of fresh rosemary
1 bunch of fresh mint
1 bunch of fresh cilantro
8 ounces mushrooms
1 bag of kale or baby spinach

## Meat / Dairy

10–12 ounces salmon
2 pound ground beef
1 pound cooked chicken
*Tip: for a richer flavor, use a cooked rotisserie-style chicken!*
1 1/4 pound pork tenderloin
1 pound bacon
6 chicken thighs
8 ounces turkey breakfast sausage
3 dozen eggs
1 pint of sour cream
1 pint of heavy cream
1 pound cheddar cheese
½ pound of goat cheese
1 pound of butter
1 bottle low-fat plain kefir
½ pound Swiss cheese
1 bottle of 1% milk
1 quart of almond milk

## Etc.

Well Fed Body Vanilla Protein Powder
Cooking spray

## Spices*

salt
pepper
baking powder
baking soda
ground cinnamon
ground ginger
apple pie spice (or, you can use a dash of each: cinnamon, nutmeg and allspice!)
cumin
Paprika
chili powder
dried oregano
garlic powder

## Canned/Boxed Goods*

Unsweetened coconut flakes
Low-sodium vegetable or chicken broth
Polenta fine cornmeal or corn grits
Brown rice

## Condiments + Nuts + Seeds*

creamy peanut butter
smooth almond butter
Slivered raw almonds
Raw pecans
Peanuts
Unsalted cashews
Raw walnuts
Honey
Maple syrup
Semi-sweet mini chocolate chips
Tahini
Stone-ground mustard
Pesto
Tamari gluten-free soy sauce
Dried banana chips
Dried cranberries

## Oils + Vinegars + Wine*

Olive oil
Canola oil
Coconut oil
Sherry vinegar
Peanut oil
Rice wine vinegar

## Grains + Bakery*

Gluten-free oat flour
Flaxseed meal
Gluten-free rolled oats
Flaxmeal
Old-fashioned oats
Quinoa
Gluten-free bread

*Check your pantry before buying!



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# WEEK 5
## Meal Plan

1500 Kcal women
2000 Kcal men

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| Breakfast | Peanut Butter Protein Overnight Oats | Ham & Broccoli Omelet | 2 Eggs, gluten-free Toast, cup raspberries | Protein Packed Pancakes | No-Bake Chewy Granola Bars | Protein Packed Pancakes | Garlic Kale with Poached Eggs and Toast |
| Lunch | Roasted Broccoli Salad with Spinach, Blueberries, and Seeds | Eggplant Lasagna | Tandoori Chicken Skewers | Mexican Sweet Potatoes | Spaghetti Squash & Meatballs | Goat Cheese Polenta with Roasted Root Vegetables | Roasted Vegetable & Chicken Grain Bowl with Creamy Tahini Dressing |
| Snack | Strawberry Nice Cream | Strawberry Nice Cream | No-Bake Chewy Granola Bars | No-Bake Chewy Granola Bars | Warm Buttered Pecans | Berry Kefir Smoothie | No-Bake Chewy Granola Bars |
| Dinner | Eggplant Lasagna | Tandoori Chicken Skewers | Mexican Sweet Potatoes | Spaghetti Squash & Meatballs | One-Pan Pork Dinner | Roasted Vegetables with Spiced Lentils | Roasted Vegetable & Chicken Grain Bowl with Creamy Tahini Dressing |
| Supplement Suggestions | Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1 | Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1 | Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1 | Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1 | Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1 | Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1 | Melatonin x1 Cortisolve x1 or 2 Vitamin C x1 MultiVitamin x1 Probiotic x1 |
| Men, add: | Trail Mix | Trail Mix | Sausage & Mushroom Mini-Quiche | Sausage & Mushroom Mini-Quiche | 4 ounces Cheddar Cheese | 4 ounces Cheddar Cheese | Green Protein Smoothie + 2 hard-boiled eggs |



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# Only two weeks to go!

When you're in the home stretch it's all about staying the course. It's why leftovers become your new best friend come week 5. Prep and cook once, eat for multiple meals. Consider doubling (or if you're like my family, tripling) up and watch as your prep time winds down and your food enjoyment winds up.

Be hyper-aware of what you're drinking this week: liquid calories are not empty calories. Our challenge to you:

- Drink a full 64 ounces of pure water daily
- Add in an unsweetened herbal tea each day. Try a red zinger if you love tart flavors, a peppermint for mornings, or a chamomile tea in the evening.
- Avoid artificial sweeteners, plain and simple.
- Start every day with a warm cup of water and a squeeze of fresh lemon. Bitterly crazy... yes. But it's the perfect palate cleanser and ensures that you're hydrated after a long night.




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# GROCERY LIST

## Produce

2 bulbs garlic
1 large bunch bananas
1 bag frozen broccoli florets
1 large tomato
1 bunch green onions
1 1-pound bag kale
1 pound frozen broccoli florets
1 bottle of lemon juice
1 bag of spinach
1 red onion
2 large eggplants
2 yellow onions
1 bunch fresh cilantro
2 bunch fresh parsley
1 bunch fresh sage
1 bunch of fresh mint
3 medium sweet potatoes
1 spaghetti squash
4 small red beets
1 medium butternut squash
1 pound Brussels sprouts
1 avocado
1 Cara Cara orange
1 pound fresh strawberries
1 pint fresh blueberries
1 pint fresh raspberries
1 package frozen mixed berries
1 small bottle of orange juice
5 medium carrots
5 Yukon Gold potatoes
1 bag black lentils
1lbs total of your favorite root vegetables
*Suggestions: turnips, onions, carrots, parsnips, sweet potatoes*
8 ounces mushrooms

## Meat / Dairy

2 dozen eggs
1 1/4 pound pork tenderloin
1 pound bacon
1 pound cooked ham
1 pound ground turkey
8 ounces turkey breakfast sausage
2 pounds of chicken breast
12 ounces lean ground beef
1 rotisserie chicken
1 quart of unsweetened almond milk
1 bottle of reduced-fat milk
1 bottle of low-fat plain kefir
1 bottle 1% milk
1 quart plain yogurt
1 pint part-skim ricotta cheese
1 package of part-skim mozzarella cheese
1 package cream cheese
½ pound swiss cheese
½ pound parmesan cheese
1 pound goat cheese
1 pound mild cheddar cheese
½ lb sharp cheddar cheese
1 pint of sour cream
1 pound butter

## Etc.

Well Fed Body Vanilla Protein Powder
Cooking spray
6-8 wooden skewers

## Spices*

salt
Pepper
baking powder
vanilla extract
red pepper flakes
dried basil
dried oregano
paprika
ground cumin
garam masala, optional
turmeric
cayenne
cinnamon
Maldon salt flakes
garlic powder
ground coriander
ground allspice

## Canned/Boxed Goods*

Peanut butter powder
O-shaped cereal
1 (28 ounce) can no-salt-added crushed tomatoes
1 can of chipotle peppers in adobo sauce
1 can corn
1 can black beans
Low-sodium vegetable or chicken broth
Polenta or fine ground cornmeal

## Condiments + Nuts + Seeds*

Maple syrup
Unsweetened shredded coconut
Semi-sweet mini chocolate chips
Unsalted cashews
Dried banana chips
Dried cranberries
Unsalted pistachios
Pecan halves
Almonds
Creamy peanut butter
Honey
Pitted dates
Dhelled sunflower seeds
1 (24 ounce) jar marinara sauce
Pesto
Tahini
Gluten-free tamari soy sauce
Stone-ground mustard

## Oils + Vinegars + Wine*

Olive oil
Canola oil
White vinegar
Sherry vinegar
Red wine vinegar
Dry red wine

## Grains + Bakery*

Quick-cooking oats
Old-fashioned rolled gluten-free oats
Gluten-free bread
Almond meal
Quinoa

*Check your pantry before buying!


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# WEEK 6

## Meal Plan

1500 Kcal women
2000 Kcal men

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| Breakfast | Dried Fruit & Peanut Butter Breakfast Cookies | Garlic Kale with Poached Eggs and Toast | Dried Fruit & Peanut Butter Breakfast Cookies | Raspberry-Banana Overnight Oats | Dried Fruit & Peanut Butter Breakfast Cookies | Garlic Kale with Poached Eggs and Toast | Dried Fruit & Peanut Butter Breakfast Cookies |
| Lunch | Edamame & Chicken Greek Salad | Dijon Salmon with Green Bean Rice Pilaf leftover | Roasted Broccoli Salad with Spinach, Blueberries, and Seeds | Grilled Pork Loin with White Bean Puree | Eggplant Lasagna | Pineapple Three Bean Salad | Avocado Bacon & Goat Cheese Salad |
| Snack | Trail Mix | Dried Fruit & Peanut Butter Breakfast Cookies | Trail Mix | Dried Fruit & Peanut Butter Breakfast Cookies | Berry Kefir Smoothie | Dried Fruit & Peanut Butter Breakfast Cookies | Warm Buttered Pecans |
| Dinner | Dijon Salmon with Green Bean Rice Pilaf | Edamame & Chicken Greek Salad leftover | Grilled Pork Loin with White Bean Puree | Eggplant Lasagna | Turkey Chili | Turkey Chili | Roasted Vegetables with Spiced Lentils |
| Supplement Suggestions | Melatonin x1<br>Cortisolve x1 or 2<br>Vitamin C x1<br>MultiVitamin x1<br>Probiotic x1 | Melatonin x1<br>Cortisolve x1 or 2<br>Vitamin C x1<br>MultiVitamin x1<br>Probiotic x1 | Melatonin x1<br>Cortisolve x1 or 2<br>Vitamin C x1<br>MultiVitamin x1<br>Probiotic x1 | Melatonin x1<br>Cortisolve x1 or 2<br>Vitamin C x1<br>MultiVitamin x1<br>Probiotic x1 | Melatonin x1<br>Cortisolve x1 or 2<br>Vitamin C x1<br>MultiVitamin x1<br>Probiotic x1 | Melatonin x1<br>Cortisolve x1 or 2<br>Vitamin C x1<br>MultiVitamin x1<br>Probiotic x1 | Melatonin x1<br>Cortisolve x1 or 2<br>Vitamin C x1<br>MultiVitamin x1<br>Probiotic x1 |
| Men, add: | Green Protein Smoothie + 2 hard-boiled eggs | 2 High Protein Banana Muffins + 1 cup yogurt | 2 High Protein Banana Muffins + 1 cup yogurt | Trail Mix | Trail Mix | 4 ounces Cheddar Cheese | 4 ounces Cheddar Cheese |



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# 7...6...5...4...3...2...1!

You're days away from ending this 6 week anti-inflammatory and immune boosting meal plan strong. Each day counts quite literally this week. Here are our tips to making the most of it:

- Stay hydrated. Don't forget your water, my friend. It makes a huge difference on your hunger.
- Keep your protein intake up. Protein powder is your best friend in making sure you keep burning fat and adding muscle.
- Don't consider going hungry. If you starve yourself down a pound, you're likely to see it (and a few friends) pop right back on your body the following week. Now is the time to eat smart.
- Snack smart. Pack your snacks in advance and make sure to keep your hunger satiated throughout the day.



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# GROCERY LIST

## Produce

2 bulbs garlic
2 pounds kale
1 lemon
1 bottle lemon juice
1 bunch bananas
1 bag frozen shelled edamame
2 romaine hearts
2 pints cherry or grape tomatoes
1 European cucumber
2 bunches fresh basil
1 pint Kalamata olives
1 red onion
1 pound pre-trimmed haricots verts or thin green beans
1 bag frozen broccoli florets
1 bag spinach leaves
1 pint fresh blueberries
1 pint fresh raspberries
1 bag frozen mixed berries
1 whole pineapple
1 bunch parsley
1 bunch fresh cilantro
1 bunch fresh mint
1 shallot
2 large eggplants (2½-3 pounds total)
2 yellow onion
1 avocado
1 bag arugula
1 small bottle orange juice
1 medium red bell pepper
1 bag black lentils
1 pound total of your favorite root vegetables
*Suggestions: turnips, onions, carrots, parsnips, sweet potatoes*
1 cup kale or baby spinach

## Meat / Dairy

1¼ pounds wild salmon
*Cooking tip: look for skin-on fillets of salmon, and cook the fish over high heat, skin-side down to get a crunchy, crispy skin. This will add a nice piece of texture to your final dish, and it's super healthy.*
1 rotisserie chicken
2½- to 3-pound pork tenderloin
12 ounces lean ground beef
1 pound extra lean ground turkey
1 pound bacon
butter
3 dozen eggs
½ pound cheddar cheese
½ pound crumbled feta cheese
1 pint part-skim ricotta cheese
1 pound shredded part-skim mozzarella cheese
½ pound goat cheese
1 quart yogurt
1 bottle low-fat plain kefir
1 quart unsweetened almond milk

## Etc.

Well Fed Body Vanilla Protein Powder

## Spices*

salt
Pepper
baking powder
baking soda
ground ginger
vanilla extract
cinnamon
ground nutmeg
red pepper flakes
dried oregano
chili powder
salt flakes
ground cumin
cayenne pepper
garlic powder
ground coriander
ground allspice

## Canned/Boxed Goods*

Precooked brown rice
1 carton low-sodium chicken broth
1 carton chicken broth
1 (28 ounce) can no-salt-added crushed tomatoes
1 (28 ounce) can diced tomatoes or crushed tomatoes
1 can black beans
1 (15 ounce) can cannellini beans
2 (15 ounce) cans dark red kidney beans
1 can chickpeas
2 cans sweet corn kernels

## Condiments + Nuts + Seeds*

Maple syrup
Whole-grain mustard
Mayonnaise
Shelled sunflower seeds
Crunchy peanut butter
Pine nuts
Walnuts
Pecan halves
Unsalted cashews
Raisins
Dried cranberries
Chopped dried apricots
Dried banana chips
Semisweet chocolate chips

## Oils + Vinegars + Wine*

Olive oil
Canola oil
Coconut oil
White vinegar
Sherry vinegar
Red wine vinegar
1 bottle dry red wine

## Grains + Bakery*

Old-fashioned rolled gluten-free oats
Gluten-free bread
Gluten-free oat flour

*Check your pantry before buying!



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# RECIPES

Breakfast Lunch Dinner Snacks





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# Breakfast

## Raspberry-Banana

YIELD 1 SERVING

290 KCAL

## OVERNIGHT OATS

### INGREDIENTS

1/2 cup unsweetened almond milk
1/2 cup old-fashioned rolled gluten- free oats
1/2 banana, mashed
1/2 cup fresh raspberries 1 teaspoon maple syrup Pinch of salt

### PREPARATION

Combine all ingredients in a mason jar or bowl. Refrigerate overnight.

Note: Overnight oats can be eaten cold or warmed up in the microwave, but you do not need to cook them. We've included gluten free oats for allergy friendly and anti-inflammatory measures but use any kind you have SO long as they're old fashioned, which is necessary.

## Peanut Butter Protein

YIELD 1 SERVING

320 KCAL

## OVERNIGHT OATS

Note: Peanut Butter Powder is a favorite of ours and is available inexpensively in grocery stores and on Amazon.

### INGREDIENTS

1/2 cup unsweetened almond milk
1/2 cup old-fashioned rolled gluten- free oats
1 tablespoon maple syrup
1 tablespoon peanut butter powder
1/2 banana, sliced

### PREPARATION

Combine all ingredients in a mason jar or bowl. Refrigerate overnight.

Note: Overnight oats can be eaten cold or warmed up in the microwave, but you do not need to cook them. We've included gluten free oats for allergy friendly and anti-inflammatory measures but use any kind you have SO long as they're old fashioned, which is necessary.



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*Dried Fruit & Peanut Butter*

# BREAKFAST COOKIES

YIELD 10 COOKIES | SERVING SIZE 1 COOKIE | 290 KCAL

Note: Depending on how heaping your tablespoon of cookie dough is, you may have more or less cookies. Divide your total number into 10 portions and you'll have the right serving.



## INGREDIENTS

1/2 cup crunchy peanut butter 1/4 cup warm coconut oil
1 large egg
3 tablespoons maple syrup
1 teaspoon vanilla
2 cups old-fashioned rolled gluten- free oats
1 cup raisins
1/2 cup dried cranberries
1/2 cup chopped dried apricots 1 teaspoon cinnamon
1/4 teaspoon ground nutmeg 1/4 teaspoon salt

## PREPARATION

Preheat oven to 350°.

Combine first 5 ingredients in a large bowl.

Add remaining ingredients to peanut butter mixture; stir until well combined.

Press 2 tablespoons of mixture into a 2 1/2-inch round cookie cutter onto a baking sheet lined with parchment paper. Continue with remaining mixture.

Bake at 350° for 14-16 minutes, or until fragrant and golden. Cool on pan.



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# Breakfast

## Simply Good

YIELD 1 SERVING | 285 KCAL

## EGGS, FRUIT, & TOAST

Note: You can sub in any type of whole grain toast, but avoid white bread here.

### INGREDIENTS

2 Eggs
Gluten-free Toast
1/2 cup raspberries

## Sausage & Mushroom

YIELD 3 SERVINGS | SERVING SIZE 4 QUICHES | 408 KCAL

## MINI-QUICHE

### INGREDIENTS

Cooking spray
8 ounces turkey breakfast sausage, removed from casing and crumbled into small pieces
1 teaspoon extra-virgin olive oil
8 ounces mushrooms, sliced
1/4 cup sliced green onions
1/4 cup shredded Swiss cheese
1 teaspoon freshly ground pepper
5 eggs
3 egg whites 1 cup 1% milk

### PREPARATION

Preheat oven to 325°.

Coat a muffin tin with cooking spray and set aside.

Cook breakfast sausage in a large non-stick skillet for 6-8 minutes, or until cooked through and no longer pink. Transfer sausage to a bowl.

Add olive oil to skillet. Cook mushrooms in hot oil for 5 minutes or until golden. Transfer mushrooms to bowl of sausage. Add green onions, cheese, and pepper.

In another bowl, combine eggs, egg whites, and milk. Stir with a wire whisk. Divide mixture evenly among prepared muffins tins. Spoon sausage mixture evenly into each tin filled with egg mixture.

Bake at 325° for about 25 minutes or until tops become golden and quiches are cooked through. Allow to cool 5 minutes in tins before removing quiches.



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# Breakfast

## Ham & Broccoli OMELET

YIELD 1 SERVING | 260 KCAL

### INGREDIENTS

1/2 cup diced ham
1 cup chopped broccoli
1/4 cup chopped tomato
1 large egg
1 tablespoon reduced-fat milk
1 scallion, sliced
1/8 teaspoon salt
1/8 teaspoon ground pepper
1 teaspoon canola or avocado oil
2 tablespoons shredded sharp Cheddar cheese

### PREPARATION

Cook ham and broccoli in a large nonstick skillet over medium- high heat until ham is warm and broccoli is just tender. Add tomato; cook for an additional minute. Remove mixture from skillet and keep warm.

Combine egg, milk, scallion, salt, and pepper in a bowl. Add oil to pan and heat over medium heat until warm. Add egg mixture, tilting pan to coat bottom of pan. Cook, without stirring, for about 2 minutes, or until set. Carefully flip egg out onto a plate. Sprinkle with cheese and top with ham mixture. Fold in edges of egg.

## Protein Packed PANCAKES

YIELD 2 SERVINGS | 220 KCAL

### INGREDIENTS

1 medium banana, mashed
2 large eggs
1/4 cup almond meal
1 scoop Well Fed Body Vanilla Protein powder
1/4 teaspoon baking powder

### PREPARATION

Combine all ingredients. Spoon 1/4-cup measures out onto hot griddle. Cook for 2 minutes, or until bubbles begin to form. Flip and cook an additional 2 minutes.



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# Breakfast

## Garlic Kale
## WITH POACHED EGG & TOAST

YIELD 1 SERVING | 383 KCAL

### INGREDIENTS

1 tablespoon white vinegar
2 large eggs
1 slice gluten-free bread
1 teaspoon Extra-virgin olive oil
1 large or 2 small cloves of garlic, thinly sliced
1/4 teaspoon red pepper flakes
2 cups kale, center ribs removed, sliced into 1/2-inch-wide ribbons
1/2 teaspoon Kosher salt 1/2-3/4 teaspoon sherry vinegar

### PREPARATION

Combine 2 cups of water with white vinegar and bring to a light simmer. Poach eggs, one at a time, in water. Remove eggs to drain.

Toast bread in a toaster.

Heat olive oil and garlic in a large skillet for 2 minutes or until fragrant. Add pepper flakes, kale, salt, and sherry vinegar to pan. Cook for 3-4 minutes or until kale is wilted.

Top toast with kale and eggs.

## Green Protein
## SMOOTHIE

YIELD 1 SERVING | 340 KCAL

Note: While we wrote this recipe with Well Fed Body's Protein Powder, feel free to sub in your protein powder of choice

### INGREDIENTS

1 cup almond milk
1 cup kale or baby spinach
1 large frozen banana, cut into chunks
1 tablespoon peanut butter
pinch of ground cinnamon
1 scoop Well Fed Body Vanilla Protein Powder
2 to 3 ice cubes

### PREPARATION

Combine all ingredients in the container of a blender. Pulse until smooth.



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*Grain-Free*

# PB&J SWIRL PANCAKES

YIELD 4 SERVINGS | SERVING SIZE 4 PANCAKES | 500 KCAL



## INGREDIENTS

2 cups mixed berries
2 tablespoons honey
2 tablespoons chia seeds
2 cups almond flour
3/4 cup arrowroot starch
3/4 cup peanut butter powder 2 teaspoons baking powder 1/2 teaspoon baking soda
1/2 teaspoon salt
1 cup milk
2 large eggs
1/4 cup organic canola oil
1/4 cup honey
1 teaspoon apple cider vinegar

## PREPARATION

To make chia jelly, combine berries and 2 tablespoons honey in a small saucepan. Simmer over medium heat for 10 minutes, stirring occasionally, or until berries are juicy and broken. Remove from heat. Stir in chia seeds. Pulse with an immersion blender, if desired, to smooth out jelly. Transfer to a bowl and chill for 4 hours or overnight.

Combine almond flour, arrowroot, peanut butter powder, baking powder, baking soda, and salt in a medium bowl.

Combine milk, eggs, oil, 1/4 cup honey, and apple cider vinegar in another bowl. Add milk mixture to flour mixture and mix until thick.

Place chilled jelly into a piping bag fitted with a large tip or into a zip-top bag with the corner snipped.

Pour 1/4 cup-fulls of batter onto a hot, greased griddle. Drizzle a swirl of jelly onto top of pancake as it cooks. Flip pancake once it begins to bubble and cook on the swirl side until browned, about 2-3 minutes. Continue with remainder of batter and jelly.

Serve with additional jelly, if desired.



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# Breakfast

*Paleo*

YIELD 10 SERVINGS | SERVING SIZE 1/4 CUP | 200 KCAL

## GRANOLA

### INGREDIENTS

1/4 cup unsweetened coconut flakes 1 cup slivered raw almonds
3/4 cup raw pecans
1/2 cup raw walnuts
1 tablespoons chia seeds
1/2 tablespoon flaxseed meal
1 teaspoons ground cinnamon
1/4 teaspoon salt
1 1/2 tablespoons coconut or olive oil 2 tablespoons maple syrup

### PREPARATION

Preheat oven to 325°.

Stir together all ingredients.

Spread mixture evenly on a baking sheet.

Bake at 325° for 20 minutes.

Increase heat to 340° and bake an additional 5 minutes.

*Apple Cinnamon Protein*

YIELD 1 SERVING | 314 KCAL

## OATMEAL

Note: While we wrote this recipe with Well Fed Body's Protein Powder, feel free to sub in your protein powder of choice

### INGREDIENTS

1/3 cup old fashioned oats 2/3 cup water
1 small apple, chopped
1/2 teaspoon apple pie spice (or use a dash of each: cinnamon, nutmeg and allspice)
1 scoop Well Fed Body vanilla protein powder
1 tablespoon maple syrup

### PREPARATION

Combine all ingredients in a single serving bowl.
Microwave on HIGH for 2 minutes or until thickened.
Stir well before eating.



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# Breakfast

## High Protein

YIELD 12 MUFFINS | SERVING SIZE 2 MUFFINS | 380 KCAL

# BANANA MUFFIN

Note: While we wrote this recipe with Well Fed Body's Protein Powder, feel free to sub in your protein powder of choice

### INGREDIENTS

1 cup mashed banana (about 2 large bananas)
1 large egg
4 tablespoons honey
3 tablespoons melted coconut oil
3/4 cup gluten-free oat flour
1/2 cup Well Fed Body Vanilla Protein Powder
1 teaspoon baking powder 1 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon ginger

### PREPARATION

Preheat oven to 350°.

Combine banana, eggs, honey, and coconut oil in a medium bowl.

Combine oat flour, protein powder, baking powder, baking soda, cinnamon, ginger, and salt in another medium bowl.

Add banana mixture to oat mixture. Stir until combined.

Scoop batter into 12 muffin tins and bake at 350° for 15 minutes or until pick inserted into the center comes out clean.

## Cherry-Berry

YIELD 1 SERVING | 329 KCAL

# CHOCOLATE SMOOTHIE

### INGREDIENTS

1/2 cup frozen cherries
8 oz water
1/2 cup chopped raw beets
1/2 cup frozen strawberries
1/2 cup frozen blueberries
1/2 banana
1 scoop chocolate whey protein

### PREPARATION

Combine all ingredients in the container of a blender. Pulse until smooth.



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# Lunch

## Italian Pesto

YIELD 3 SERVINGS | 400 KCAL

# CHICKEN SALAD

Note: Arugula is a slightly bitter lettuce. If it's hard to find or you don't care for it, substitute romaine. We love using a rotisserie chicken to make meal prep super fast!

### INGREDIENTS

1⁄2 cup nonfat plain Greek yogurt 1⁄3 cup mayonnaise
2 tablespoons minced shallot
2 tablespoons pesto
2 teaspoons lemon juice
1⁄2 teaspoon salt
1⁄2 teaspoon ground pepper
3 cups shredded or chopped cooked chicken 1 cup packed coarsely chopped arugula
1⁄2 cup halved cherry tomatoes
3 tablespoons toasted pine nuts

### PREPARATION

Combine all ingredients in a medium bowl. Served chilled or at room temperature.

## Mexican

YIELD 3 SERVINGS | 440 KCAL

# SWEET POTATOES

### INGREDIENTS

3 medium sweet potatoes 2 green onions
2 chipotle peppers in adobo sauce, minced
1 ounce cream cheese
1/4 cup sour cream 1 teaspoon salt
1 can corn, drained
1 can black beans, rinsed and drained
1/2 cup chopped cilantro
6 tablespoons shredded Cheddar cheese

### PREPARATION

Cook sweet potatoes in oven at 400° for an hour or until tender.

Combine green onions, minced chipotle peppers, cream cheese, sour cream, and salt in a medium bowl.

Combine corn, black beans, and cilantro in another medium bowl.

Slice down middle of sweet potatoes and top with cream cheese mixture and black bean mixture. Top evenly with cheese.



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# Lunch

## Edamame & Chicken

YIELD 2 SERVINGS | 336 KCAL

## SALAD

Note: 4 Cups of Romaine is approximately 2 romaine hearts, so each serving will include one romaine. While this may seem like lots of lettuce, it's low calorie greens that are great for you and your health

### INGREDIENTS

2 tablespoons red-wine vinegar
1 1/2 tablespoons extra-virgin olive oil
1/8 teaspoon salt
1/8 teaspoon ground pepper
4 ounces rotisserie chicken, chopped
4 ounces frozen shelled edamame (about 1½ cups), thawed
4 cups chopped romaine (about 2 romaine hearts)
1/2 cup halved cherry or grape tomatoes 1/4 European cucumber, sliced
1/4 cup crumbled feta cheese
2 tablespoons slivered fresh basil
2 tablespoons sliced Kalamata olives 2 tablespoons slivered red onion

### PREPARATION

Combine vinegar, olive oil, salt and pepper in a small bowl.

Toss together chicken, edamame, romaine, tomatoes, cucumber, feta, basil, olives, and red onion in a large bowl. Drizzle evenly with vinegar mixture.

## Chicken & White Bean

YIELD 6 SERVINGS | 248 KCAL

## SOUP

### INGREDIENTS

2 teaspoons extra-virgin olive oil
2 leeks, white and light green parts only, cut into ¼-inch rounds
1 tablespoon chopped fresh sage, or ¼ teaspoon dried
2 14-ounce cans reduced-sodium chicken broth
2 cups water
1 15-ounce can cannellini beans, rinsed
1 2-pound roasted chicken, skin discarded, meat removed from bones and shredded (4 cups)

### PREPARATION

Heat oil in a large stockpot over medium-high heat. Add leeks; cook for 2-3 minutes or until soft. Stir in sage, broth, and water. Increase heat to bring to a boil. Add beans and chicken. Cook, stirring occasionally, until heated.

Note: If you would like a thicker soup, omit the two cups of water. While your portion size will be smaller, for nutritional value and calories this recipe will still have 6 servings.



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# Lunch

YIELD 2 SERVINGS | 442 KCAL

Note: Don't love beets?
Sub with another root veggie!

## Goat Cheese Polenta
## WITH ROASTED ROOT VEGETABLES

### INGREDIENTS

1 cup cubed beets
1 cup cubed butternut squash
1 tablespoon olive oil
2 cups low-sodium vegetable or chicken broth
1⁄2 cup polenta fine cornmeal or corn grits
1⁄4 cup goat cheese
1⁄4 teaspoon kosher salt
1⁄4 teaspoon ground pepper
1 tablespoon butter
1 clove garlic, smashed
1 tablespoon torn fresh sage 2 teaspoons prepared pesto

### PREPARATION

Preheat oven to 425°.

Coat beets and butternut squash in oil and transfer to a baking sheet. Roast at 425° for 20 minutes or until softened.

Bring broth to a simmer in a medium saucepan. Add cornmeal and whisk to keep from clumping. Cover and cook for 10 minutes. Stir well. Continue to cook another 10 minutes or until thick and creamy. Stir in goat cheese, salt, and pepper. Set aside and keep warm.

Meanwhile, melt butter in a skillet. Add garlic and cook for about 1 minute, stirring constantly. Add sage, pesto, and roasted vegetables.

Serve vegetable mixture on top of polenta.

## Spinach & Feta
## FRITTATA

YIELD 3 SERVINGS | 408 KCAL

### INGREDIENTS

2 large eggs
1/2 cup milk
1/2 teaspoon salt
1/4 teaspoon pepper
1 tablespoon olive oil
3 green onions
3 cloves garlic, minced
5 cups spinach
1/2 cup crumbled feta cheese

### PREPARATION

Preheat oven to 350°.

Combine eggs, milk, salt, and pepper in a large bowl. Heat olive oil in a large oven-proof skillet. Add green onions and garlic to hot oil and cook for 1-2 minutes. Add spinach to skillet and cook until it is wilted. Stir in egg mixture. Add feta cheese. Cook, without stirring, for 2-3 minutes.

Transfer skillet to oven and bake at 350° for 8-9 minutes or until cooked through.



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YIELD 4 SERVINGS | 410 KCAL

# Roasted Vegetable & Chicken Grain Bowl
# WITH CREAMY TAHINI DRESSING

## INGREDIENTS

2 tablespoons tahini
2 tablespoons gluten-free tamari soy sauce
2 tablespoons lemon juice
2 tablespoons water
1 cloves finely minced garlic
2 cups cooked quinoa
4 cups chopped, cooked chicken
2 cups Brussels sprouts, quartered
2 cups cubed butternut squash
1 tablespoon olive oil
1 teaspoon salt
1/2 teaspoon pepper
1 avocado, pitted and cubed
1 Cara Cara orange, peeled and segmented
1/4 cup toasted sliced almonds

## PREPARATION

Combine tahini, tamari, lemon juice, water, and garlic in a small bowl.

Divide remaining ingredients among 4 bowls. Drizzle evenly with tahini dressing.

Note: Sub in traditional soy sauce if you're not avoiding gluten. Use rotisserie chicken for easy meal prep. If you're vegetarian, sub in 4 ounces of plant based protein. While we love a Cara Cara orange, any orange will do!



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# Lunch

YIELD 4 SERVINGS | 400 KCAL

## Lentil, Beetroot, & Hazelnut SALAD WITH GINGER DRESSING

### INGREDIENTS

1 cup black lentils, rinsed 2 3/4 cup water
1/2 teaspoon salt
3 cooked beets, chopped 2 green onions, sliced
2 tablespoons chopped hazelnuts 1/4 cup chopped fresh mint
1/4 cup chopped fresh parsley
2 tablespoons chopped fresh ginger 6 tablespoons olive oil
1 teaspoon Dijon mustard
1 tablespoon apple cider vinegar 1/2 teaspoon salt
1/4 teaspoon pepper

### PREPARATION

Cover lentils in a saucepan with water and salt. Bring to a boil and reduce to simmer for 15-20 minutes or until lentils are tender. Allow to cool.

Stir beets, green onion, hazelnuts, mint, and parsley into lentils.

Combine ginger, olive oil, Dijon mustard, apple cider vinegar, salt, and pepper in a small bowl. Drizzle over lentil mixture.

Note: Haven't used Apple cider Vinegar? It's one of our favorites not only because it tastes amazing, but for the incredible health properties it brings with it!

YIELD 2 SERVINGS | 530 KCAL

## Avocado Bacon & GOAT CHEESE SALAD

### INGREDIENTS

2 ounces goat cheese
4 strips cooked bacon
1/2 avocado, peeled and sliced 4 cups arugula
2 ounces walnuts
1/2 tablespoon lemon juice
2 tablespoons olive oil
1 tablespoons red wine vinegar 1/8 teaspoon salt
1/8 teaspoon pepper

Note: Arugula is a slightly bitter lettuce. If it's hard to find or you don't care for it substitute romaine.

### PREPARATION

Preheat oven to 400°. Cut goat cheese into half inch sliced rounds. Place on a baking sheet lined with parchment paper. Bake at 400° for about 10 minutes or until golden.

Place bacon and sliced avocado on arugula, and sprinkle with walnuts.

Combine lemon juice, olive oil, red wine vinegar, salt and pepper in a small bowl. Drizzle evenly over salad.



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# Lunch

YIELD 4 SERVINGS | 400 KCAL

## Roasted Broccoli Salad
## WITH SPINACH, BLUEBERRIES, & SEEDS

### INGREDIENTS

1/2 pound broccoli florets
1 teaspoons olive oil
1/4 cup plain yogurt
1 teaspoons red wine vinegar
1 clove garlic, minced
1/4 teaspoon salt
1/8 teaspoon pepper
1/2 tablespoon olive oil
1/2 teaspoon lemon juice
1 cups spinach leaves
1/4 cup diced red onion
1/2 cup blueberries
2 tablespoons sunflower seeds

### PREPARATION

Preheat oven to 425°.

Toss broccoli florets in olive oil and spread evenly on a baking sheet. Roast at 425° for 20-25 minutes. Allow to cool

Combine yogurt, red wine vinegar, garlic, salt, pepper, 1 tablespoon olive oil, and lemon juice in a small bowl.

Top spinach leaves with red onion, blueberries, sunflower seeds, and roasted broccoli. Drizzle evenly with yogurt mixture.

YIELD 2 SERVINGS | 530 KCAL

## Pineapple
## THREE BEAN SALAD

### INGREDIENTS

1 can black beans, rinsed and drained
1 can chickpeas, rinsed and drained
1 1/2 cups cherry tomatoes, halved
1 cup shelled edamame beans, thawed
1 cup corn kernels
1 cup chopped pineapple
1/2 cup minced fresh cilantro
2 teaspoons minced garlic
1 teaspoon chili powder
1/2 teaspoon salt
1/4 teaspoon pepper

### PREPARATION

Combine all ingredients. Serve chilled or at room temperature.



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# Lunch

YIELD 2 SERVINGS | 500 KCAL

## Tuna & Romaine Salad WITH BOILED EGGS

### INGREDIENTS

1/2 cup chopped celery
2 green onions
5 ounces tuna fish in olive oil
Juice of half lemon
1/4 cup mayonnaise
1 teaspoon Dijon mustard
6 ounces Romaine lettuce
4 large hardboiled eggs, peeled and halved
1 cup cherry tomatoes

### PREPARATION

Combine celery, green onions, tuna, lemon juice, mayonnaise, and Dijon mustard in a medium bowl.
Top Romaine lettuce with tuna mixture, eggs, and tomatoes.

YIELD 1 SERVING | 320 KCAL

## Brown Rice & EDAMAME SALAD

### INGREDIENTS

1/4 cup cooked brown rice
1/2 cup shelled edamame beans, thawed 1/2 cup shredded carrots
1 green onion
1 teaspoon peanut oil
2 teaspoons rice wine vinegar
2 teaspoons tamari gluten-free soy sauce 1 tablespoon crushed peanuts

### PREPARATION

Top rice with edamame beans, carrots, and green onion.

Combine peanut oil, rice wine vinegar, and tamari. Drizzle evenly over vegetables.

Sprinkle with crushed peanuts.

Note: Sub traditional soy sauce if you're not avoiding gluten.



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# Lunch

*Chef*

## SALAD




### INGREDIENTS

2 cups Romaine lettuce
2 ounces sliced turkey breast 1 hard-boiled egg, halved
5 grape tomatoes
1/3 cup diced avocado
2 tablespoons red onion
1 tablespoon olive oil
2 teaspoons red wine vinegar

### PREPARATION

Combine lettuce, turkey, egg, tomato, avocado and red onion. Drizzle with olive oil and red wine vinegar.



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# Dijon Salmon
# WITH GREEN BEAN RICE PILAF

YIELD 4 SERVINGS

442 KCAL

## INGREDIENTS

1 1⁄4 pounds wild salmon, skinned and cut into 4 portions
3 tablespoons extra-virgin olive oil, divided
1 tablespoon minced garlic, finely minced
3⁄4 teaspoon salt
2 tablespoons mayonnaise
2 teaspoons whole-grain mustard
1⁄2 teaspoon ground pepper, divided
12 ounces pretrimmed haricots verts or thin green beans, cut into thirds
1 small lemon, zested and cut into 4 wedges
2 tablespoons pine nuts
1 8-ounce package precooked brown rice
2 tablespoons water

## PREPARATION

Preheat oven to 425°. Line a baking sheet with parchment paper.

Drizzle salmon with 1 tablespoon olive oil. Spread garlic on top of salmon and sprinkle with salt.

Combine mayonnaise, mustard, and pepper in a small bowl. Spread mixture on top of salmon.

Roast salmon at 425° for 8-12 minutes, or until fish flakes with a fork.

Meanwhile, heat remaining 2 tablespoons olive oil in a large skillet over medium-high heat. Add green beans, lemon zest, and pine nuts to skillet for 3 minutes or until beans are tender. Add cooked rice and water and cook for another 3 minutes or until hot. Serve with lemon wedges.

Note: Haricort Verts are a type of thin green bean. They are often easiest to find in the pre-packaged and ready to steam section of the grocery store. You can always substitute with traditional green beans.



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*One-Pan*

# PORK DINNER

YIELD 4 SERVINGS

447 KCAL



## INGREDIENTS

2 tablespoons olive oil, divided 1 1/4 pound pork tenderloin
1 teaspoon salt
1/2 teaspoon pepper
1 tablespoon stone ground mustard 3-4 slices bacon
5 carrots, peeled
5 Yukon Gold potatoes
2 cups broccoli florets 1 onion

## PREPARATION

Preheat oven to 425°. Drizzle 1 tablespoon olive oil sparingly onto a large jelly roll pan (or a pan with short edges).

Sprinkle pork tenderloin evenly with salt and pepper. Smear top of pork with stone ground mustard just enough to coat. Carefully wrap pork with bacon. Place pork in the center of the prepared pan.

Cut carrots and potatoes into 2-inch pieces, or roughly the same size. Place on pan. Place broccoli on pan. Cut onion into chunks. Drizzle all of the food lightly with olive

oil. Place on pan. Be sure to allow the food to be in a single layer. If food is crowded, it will not roast correctly.

Roast at 425° for 30 minutes, gently stirring vegetable halfway through, or until pork is cooked to 165° when tested with an instant read thermometer.

Allow to sit for 5-10 minutes. Slice pork into 1/4-inch slices to serve.



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# Roasted Vegetables WITH SPICED LENTILS




## INGREDIENTS

### For Lentils

1 1⁄2 cups water
1⁄2 cup black lentils
1 teaspoon garlic powder
1⁄2 teaspoon ground coriander 1⁄2 teaspoon ground cumin
1⁄4 teaspoon ground allspice 1⁄4 teaspoon kosher salt
2 tablespoons lemon juice
1 teaspoon extra-virgin olive oil

### For Vegetables

1 tablespoon extra-virgin olive oil 1 clove garlic, smashed
1 1⁄2 cups roasted root vegetables 2 cups chopped kale
1/2 teaspoon salt
1⁄8 teaspoon ground pepper 2 tablespoons plain yogurt

## PREPARATION

### For Lentils

Combine water, lentils, garlic powder, coriander, cumin, allspice, and salt in a medium saucepan.

Bring to a boil, reduce heat, and simmer covered for 25 minutes or until lentils are tender.

Drain water and stir in lemon juice and 1 teaspoon olive oil.

### For Vegetables

Heat oil and garlic in a skillet over medium-high heat for 1 to 2 minutes. Add roasted vegetables and kale.

Cook until kale is wilted and vegetables are heated through.

Add salt and pepper.

Serve vegetables over lentils and top with yogurt.



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*Eggplant*

# LASAGNA




## INGREDIENTS

2 large eggplants (2 1⁄2-3 pounds total), cut lengthwise into 1⁄4-inch thick slices
1 tablespoon extra-virgin olive oil 12 ounces lean ground beef
1 cup chopped onion
2 cloves garlic, minced
1 (28 ounce) can no-salt-added crushed tomatoes
1⁄4 cup dry red wine
1 teaspoon dried basil
1 teaspoon dried oregano
3⁄4 teaspoon salt
1⁄4 teaspoon ground pepper
1 1⁄2 cups part-skim ricotta cheese
1 large egg, lightly beaten
1 cup shredded part-skim mozzarella cheese, divided

## PREPARATION

Line 2 baking sheets with parchment paper. Arrange slices of eggplants on parchment. Roast at 400° for 15 minutes.

Meanwhile, heat oil in a large skillet. Add beef and onion; cook until browned. Add garlic and cook an additional minute. Add tomatoes, wine, basil, oregano, salt, and pepper.

Bring to a boil, reduce heat, and simmer until thickened, about 10 minutes.

Combine ricotta and egg.

Spread about a cup of tomato mixture in the bottom of a 13- x 9-inch baking dish. Line the bottom of the pan with 1/4 of eggplant slices. Spread with 1/4 of ricotta mixture and mozzarella. Continue layering with ingredients; topping with mozzarella.

Bake at 400°, uncovered, for 40 minutes. Allow to stand for 10 minutes before serving.

Note: A serving size for this is 4.5 X 6.5 inches. Seems big? Eggplant is a low calorie food, so you can have a bigger portion with limited calories.



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# Roasted Squash AND CHICKEN SALAD




## INGREDIENTS

2 1/2 pounds acorn squash
3 tablespoons extra-virgin olive oil, divided
2 tablespoons whole-grain mustard, divided
3 cloves garlic, minced
1 tablespoon chopped fresh rosemary
1 teaspoon grated lemon zest
2 tablespoons lemon juice, divided
1 teaspoon ground pepper, divided
1/2 teaspoon salt, divided
1 pound boneless, skinless chicken breast
1 tablespoon pure maple syrup
1 1/2 teaspoons fresh thyme leaves
8 cups mixed salad greens
4 teaspoons grated Parmesan cheese
4 teaspoons salted roasted pumpkin seeds

## PREPARATION

Preheat oven to 425°.

Line a baking sheet with parchment paper.

Combine 1 tablespoon oil, 1 1/2 tablespoons mustard, garlic, rosemary, lemon zest, 1/2 tablespoon lemon juice, 1/2 teaspoon pepper, and 1/4 teaspoon salt in a large bowl. Add chicken and squash to mixture and toss to coat. Arrange in a single layer on prepared pan.

Bake at 425° for 22 minutes or until chicken is cooked through.

Meanwhile, combine remaining 2 tablespoons oil, 1/2 tablespoon mustard, 1 1/2 tablespoons lemon juice, maple syrup, thyme, and the remaining 1/2 teaspoon pepper and 1/4 teaspoon salt in a medium bowl. Add salad greens to bowl and toss to coat. Top with chicken and squash; sprinkle with Parmesan and pumpkin seeds.

Note: For vegetarian options, sub in 4 ounces of plant based protein for the chicken. We love a good rotisserie chicken to make meal prep easy.



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# Grilled Pork Loin
# WITH WHITE BEAN PUREE

YIELD 5 SERVINGS

300 KCAL

## INGREDIENTS

### For Pork

One 2 - 2.5 pounds pork tenderloin 1 tablespoon extra-virgin olive oil
1/2 teaspoon kosher salt
1/2 teaspoon ground pepper

### For Vinaigrette

1/4 cup mixed chopped parsley
2 tablespoons finely diced shallot 1 large clove garlic, minced
Zest of 1 lemon
1 tablespoon lemon juice
1 teaspoons honey
1/4 teaspoon ground pepper
1/8 teaspoon kosher salt
Pinch of crushed red pepper
1/4 cup extra-virgin olive oil

### For White Bean Puree

1 15-ounce cans cannellini beans, rinsed
1/4 cup low-sodium chicken broth 1 tablespoon extra-virgin olive oil 2 teaspoons red-wine vinegar
1⁄4 teaspoon kosher salt
1⁄4 teaspoon ground pepper

## PREPARATION

### For Lentils

Rub pork with olive oil, salt and pepper.

Pre-heat grill. Grill pork tenderloin, covered with grill lid, over medium- high heat (350° to 400°), turning every 5 minutes, 18 to 20 minutes or until thermometer registers 155° and tenderloin is slightly pink in center.

**To prepare pork:** Rub pork with 1 tablespoon oil and sprinkle with 1⁄2 teaspoon each salt and pepper. Let stand at room temperature for 45 minutes.

### For Vinaigrette

Combine all ingredients for vinaigrette. Set aside.

### For White Bean Puree

Combine all ingredients for white bean puree in a container of a blender. Pulse until mixture is smooth. Transfer mixture to a saucepan and heat until warm.

**To serve:** Top white bean puree with sliced pork. Spoon vinaigrette over pork.



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# Dinner

YIELD 3 SERVINGS | 447 KCAL

## Rosemary Orange SALMON

### INGREDIENTS

1/3 cup plus 1 tablespoon olive oil
2 tablespoons fresh orange juice 2 tablespoons fresh rosemary
1 tablespoon lemon juice
1 clove garlic, minced
1 teaspoon orange zest
1/2 teaspoon salt
1/4 teaspoon ground pepper 1 bunch asparagus, trimmed 10–12 ounces salmon
5-6 orange slices

### PREPARATION

Preheat oven to 400F.

Combine 1/3 cup olive oil, orange juice, rosemary, lemon juice, garlic, orange zest, salt, and pepper. Set aside.

Layer asparagus on a baking pan. Top with salmon (skin side down). Drizzle salmon with orange juice mixture and top with orange slices.

Bake at 400° for 12-15 minutes or until salmon flakes when tested with a fork.

YIELD 3 SERVINGS | 543 KCAL

## Chicken Thighs AND CARROTS

### INGREDIENTS

1 1/2 pounds carrots, peeled and trimmed
1 large onion, peeled and cut into eighths
6 chicken thighs
4 tablespoons olive oil
1 tablespoon chopped fresh rosemary
1/2 teaspoon salt 1/4 teaspoon pepper

### PREPARATION

Preheat oven to 425ˆ.

Arrange carrots and onion on a baking sheet in a single layer. Top vegetables with chicken thighs. Drizzle vegetables with olive oil, rosemary, salt, and pepper.

Roast at 425° for 15-20 minutes or until chicken thighs are cooked through



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# Dinner

## Turkey

# CHILI

YIELD 4 SERVINGS | 561 KCAL

### INGREDIENTS

2 teaspoons olive oil
1 pound extra lean ground turkey
1 yellow onion, chopped
3 garlic cloves, minced
1 medium red bell pepper, chopped
4 tablespoons chili powder
2 teaspoons ground cumin
1 teaspoon dried oregano
1/4 teaspoon cayenne pepper
1/2 teaspoon salt
1 (28-ounce) can diced tomatoes or crushed tomatoes
1 1/4 cups chicken broth
2 (15 oz) cans dark red kidney beans, rinsed and drained
1 (15 oz) can sweet corn, rinsed and drained

### PREPARATION

Heat olive oil in a large saucepan over medium-high heat. Cook turkey in hot oil until cooked through. Add onion and garlic and cook until onion is translucent. Add remaining ingredients. Bring to a simmer and cook for 30 minutes.

Note: This is one of our favorite recipes and many clients like to sub in extra portions for other meals. It's an easy recipe to double and freeze for future weeks as well. Chat with your coach about using this as a repeated meal throughout your week.



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YIELD 2 SERVINGS

680 KCAL

Salad

# NICOISE



## INGREDIENTS

### For Dressing

4 tablespoons olive oil
1 tablespoon lemon juice
1 tablespoon sherry vinegar
1 clove garlic, minced
1 teaspoon honey
1 teaspoon chopped fresh dill 1/4 teaspoon salt
1/4 teaspoon pepper

### For Salad

2 cups green beans, quick-boiled and chilled
2 cups small potatoes, quick-boiled and chilled
2 hard-boiled eggs
1 (5 -ounce can) tuna fish
4 cups mixed greens
1 cup halved cherry tomatoes 1/2 cup niçoise olives

## PREPARATION

### For Vinaigrette

Combine all ingredients and set aside.

### For Salad

Plate all ingredients and drizzle with dressing.



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Slow Cooker

# BLACK BEAN SOUP

YIELD 3 SERVINGS

562 KCAL

## INGREDIENTS

1 pound dry black beans
4 cups vegetable broth
1 yellow onion, finely chopped
2 jalapenos, seeds removed and finely chopped
1 cup salsa
4 cloves garlic, minced
1 tablespoon chili powder 2 teaspoons ground cumin 2 teaspoons salt
1 teaspoon pepper

## PREPARATION

Place beans in water to cover by 1-inch and allow to sit overnight. Rinse and drain beans. Transfer beans to the container of a slow cooker and add remaining ingredients. Stir to combine.

Cook on HIGH for 6 hours or until beans are tender.



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# Tandoori Chicken SKEWERS




## INGREDIENTS

### For Chicken

1/4 cup cilantro
1/4 cup parsley
2 gloves garlic
3 teaspoons paprika
2 teaspoons cumin
2 teaspoons garam masala, optional
2 teaspoons salt
1 teaspoon turmeric
1/4 teaspoon cayenne
2 tablespoons olive oil
1/2 cup yogurt
2 tablespoons lemon juice
2 pounds chicken breasts, cut into 2-inch square pieces
6-8 wooden skewers soaked

### For Sauce

1 1/2 cups yogurt
1/2 teaspoon cumin
1/4 teaspoon turmeric
1/4 teaspoon garam masala, optional 1/4 teaspoon salt

## PREPARATION

Combine cilantro and next 11 ingredients in the container of a blender or food processor. Blend until well-combined. Place chicken pieces in a gallon-size zip-lock bag; pour cilantro mixture over chicken. Massage to combine and coat chicken; chill for 4 hours or overnight.

Meanwhile, combine yogurt, cumin, turmeric, garam marsala and salt. Cover and chill until ready to serve.

Heat grill. Skewer chicken pieces onto wooden skewers; discard marinade. Grill 5-6 minutes on each side or until cooked through.

Serve chicken with yogurt sauce.

Note: This is a protein heavy meal and you'll be eating lots of chicken! It's delicious and filling, but relies on protein as the primary calorie source.



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# Dinner

## Spaghetti Squash AND MEATBALLS




### INGREDIENTS

#### For Squash

1 spaghetti squash
2 tablespoon olive oil
1/4 teaspoon salt 1/4 teaspoon pepper

#### For Meatballs

1 pound ground turkey
1/3 cup chopped parsley
1/4 cup finely diced onion
1 clove garlic, minced
1/2 cup grated Parmesan cheese 1/4 teaspoon salt
1/2 teaspoon pepper
1 (24-ounce) jar marinara sauce

Note: Don't like Cilantro? Sub in Italian parsley for a clean flavor

### PREPARATION

Pierce spaghetti squash multiple times and all over with a fork. Microwave on HIGH for 5 minutes.

Preheat oven to 400°.

Once squash is cool enough to touch, slice lengthwise and scoop out seeds. Drizzle with olive oil, salt, and pepper. Place cut-side down on a baking sheet and cook at 400° for 40 minutes, or until pierced easily with a fork.

In a large bowl, mix together turkey, onion, parsley, Parmesan, salt, and pepper. Form meatballs and transfer to a baking sheet coated with cooking spray.

Bake at 400° for 20 minutes, or until cooked through.

Meanwhile warm marinara sauce in a medium saucepan. Using a fork pull strands of spaghetti squash and transfer to a serving dish. Top with meatballs and warm marinara.



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## Lettuce Leaf

# TACOS







### INGREDIENTS

#### For Avocado-Cilantro Cream

1 avocado, peeled and pitted 1/2 cup sour cream
1/4 cup chopped cilantro
1/2 teaspoon salt
1/4 teaspoon cumin
1/4 teaspoon paprika
1 tablespoon heavy cream

#### For Tacos

1 pound ground beef
1/2 tablespoon chili powder
1/2 teaspoon oregano
1/2 teaspoon cumin
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/2 teaspoon garlic powder
1/4 teaspoon pepper
1/4 cup water
Romaine lettuce
1/2 cup shredded Cheddar cheese

### PREPARATION

#### For Avocado-Cilantro Cream

Combine all cream ingredients in the container of a blender or food processor. Pulse until smooth, stopping once or twice to scrape down sides of the container.

#### For Tacos

Cook bison/beef in a skillet over medium-high heat until no longer pink. Add chili powder, oregano, cumin, garlic powder, salt, and pepper; stir to combine. Add water, stirring well. Simmer water until mixture is saucy. Remove from heat. Serve meat in Romaine lettuce leaves. Top with Cheddar cheese and Avocado-Cilantro Cream.



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# Warm Buttered PECANS

YIELD 8 SERVING

207 KCAL



## INGREDIENTS

2 tablespoons butter 1/2 teaspoon cinnamon 2 cups pecan halves pinch Maldon salt flakes

## PREPARATION

Melt butter in a skillet. Add cinnamon and pecan halves to butter. Stir to combine and cook until toasted. Sprinkle with salt flakes.



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# Snacks

## Berry Kefir SMOOTHIE

YIELD 1 SERVING | 137 KCAL

### INGREDIENTS

1/2 cup low-fat plain kefir 1/2 cup frozen mixed berries 2 tablespoons orange juice 1/2 tablespoon fresh mint 1/2 tablespoon honey

### PREPARATION

Combine all ingredients in the container of a blender. Pulse until smooth.

## Strawberry NICE CREAM

YIELD 4 SERVINGS | 191 KCAL

### INGREDIENTS

1 pound fresh strawberries
2 medium bananas
1 tablespoon fresh lemon juice 2 tablespoons ice-cold water

### PREPARATION

Combine all ingredients in the container of a blender. Pulse until smooth.

## Berry Chia PUDDINGS

YIELD 1 SERVING | 360 KCAL

### INGREDIENTS

1/2 cup almond milk
1/4 cup mixed berries
1 tablespoon maple syrup 1/4 cup chia seeds
2 tablespoons blueberries

### PREPARATION

Combine almond milk and 1/4 cup berries in the container of a blender. Pulse until smooth. Stir in maple syrup and chia seeds. Chill for 4 hours or until thickened. Top with blueberries.


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# Snacks

## No-Bake Chewy GRANOLA BARS

YIELD 6 SERVINGS | SERVING SIZE 2 BARS | 300 KCAL

### INGREDIENTS

1 1/4 cups quick-cooking oats
1 cup O-shaped cereal
1/4 cup unsweetened shredded coconut
1/4 cup chopped unsalted pistachios 1/2 teaspoon vanilla extract
1/4 teaspoon kosher salt
1/3 cup creamy peanut butter
1/3 cup honey
1/4 cup chopped pitted dates Cooking spray

### PREPARATION

Combine first 6 ingredients in a large bowl.

Combine peanut butter, honey, and chopped dates in a small saucepan. Heat until peanut butter melts.

Drizzle peanut butter mixture over cereal mixture. Stir well to combine. Spread evenly into a 8-inch baking pan lightly coated with cooking spray. Freeze for 10 minutes; remove from freezer and cut into 12 even bars.

## Oats & Chocolate OVERNIGHT OATS

YIELD 1 SERVING | 377 KCAL

### INGREDIENTS

3/4 cup old-fashioned oats 1 table-spoon sugar
1 tablespoon cocoa powder 1/2 cup almond milk
1/2 cup sliced strawberries

### PREPARATION

Mix oats, sugar, and cocoa powder in a small mason jar.

Add milk to jar and stir to combine. Screw on lid and refrigerate overnight or for 8 hours.



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# Snacks

## Trail MIX

YIELD 6 SERVINGS | SERVING SIZE 2/3 CUP | 450 KCAL

### INGREDIENTS

1 cup unsalted cashews
1 cup roasted almond
1 cup dried banana chips
3/4 cup dried cranberries
1/3 cup semisweet chocolate chips

### PREPARATION

Combine all ingredients.

## 3 Quick & Filling SNACKS

### INGREDIENTS

1
1 T pb
1/2 apple
140 KCAL

2
1/4 cup hummus
6 oz carrots
190 KCAL

3
3/4 cup plain greek yogurt
1 cup chopped strawberries
170 KCAL



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# Zucchini Chocolate Chip OAT BALLS

YIELD 4 SERVINGS | SERVING SIZE 2 BALLS | 194 KCAL



## INGREDIENTS

1/4 cup packed shredded zucchini
3/4 cups gluten-free rolled oats
1/4 cup smooth almond butter
1 1/2 tablespoons golden flaxmeal
1 1/2 tablespoons honey
1/8 teaspoon ground cinnamon
1/8 cup semi-sweet mini- chips

## PREPARATION

Combine all ingredients in a medium bowl. Shape into 9 (1 1/2 -inch) balls. Store in fridge.



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# WEEK 1

## Meal Plan

1500 kcal women
2000 kcal men

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| Breakfast | | | | | | | |
| Lunch | | | | | | | |
| Snack | | | | | | | |
| Dinner | | | | | | | |
| Supplement Suggestions | | | | | | | |
| Men, add: | | | | | | | |



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# WEEK 2

## Meal Plan

1500 Kcal women
2000 Kcal men

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| Breakfast | | | | | | | |
| Lunch | | | | | | | |
| Snack | | | | | | | |
| Dinner | | | | | | | |
| Supplement Suggestions | | | | | | | |
| Men, add: | | | | | | | |



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# WEEK 3

## Meal Plan

1500 kcal women
2000 kcal men

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| Breakfast | | | | | | | |
| Lunch | | | | | | | |
| Snack | | | | | | | |
| Dinner | | | | | | | |
| Supplement Suggestions | | | | | | | |
| Men, add: | | | | | | | |



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# WEEK 4

## Meal Plan

1500 kcal women
2000 kcal men

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| Breakfast | | | | | | | |
| Lunch | | | | | | | |
| Snack | | | | | | | |
| Dinner | | | | | | | |
| Supplement Suggestions | | | | | | | |
| Men, add: | | | | | | | |



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# WEEK 5

## Meal Plan

1500 kcal women
2000 kcal men

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| Breakfast | | | | | | | |
| Lunch | | | | | | | |
| Snack | | | | | | | |
| Dinner | | | | | | | |
| Supplement Suggestions | | | | | | | |
| Men, add: | | | | | | | |



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# WEEK 6

## Meal Plan

1500 kcal women
2000 kcal men

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| Breakfast | | | | | | | |
| Lunch | | | | | | | |
| Snack | | | | | | | |
| Dinner | | | | | | | |
| Supplement Suggestions | | | | | | | |

Men, add:



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